

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px;"> <p>BREAKFAST FACT For kids breakfast contributes:</p> <ul style="list-style-type: none"> • Less than 20% of daily calories • More than 30% of calcium, iron, B vitamins¹ • Approximately 45% of vitamin D² </div>		<p>ASSORTED CEREAL & TST. (OR) 1 CINN. APPLE OATMEAL & TST. JUICE (OR) FRESH FRUIT CHOICE OF MILK</p>	<p>ASSORTED CEREAL (OR) 2 BISCUIT/GRAVY/SAUSAGE JUICE (OR) TROPICAL FRUIT CHOICE OF MILK</p>	<p>ASSORTED CEREAL (OR) 3 SAUS, EGG & CHS BISCUIT HASH BROWN POTATOES JUICE (OR) APRICOTS CHOICE OF MILK</p>
<p>ASSORTED CEREAL (OR) 6 WAFFLES JUICE (OR) CINN. APPLESAUCE CHOICE OF MILK</p>	<p>ASSORTED CEREAL (OR) 7 BISCUIT/GRAVY CHICKEN BREAKFAST PATTY JUICE (OR) PEARS CHOICE OF MILK</p>	<p>ASSORTED CEREAL & TST (OR) 8 BR.SUGAR CINN. OATMEAL & TST JUICE (OR) PEACHES CHOICE OF MILK</p>	<p>ASSORTED CEREAL (OR) 9 CINN. STREUSEL CAKE TRIX YOGURT WITH JUICE (OR) BANANA CHOICE OF MILK</p>	<p>ASSORTED CEREAL (OR) 10 SCRAMBLED EGGS CANADIAN BACON TOAST JUICE (OR) APRICOTS CHOICE OF MILK</p>
<p>ASSORTED CEREAL (OR) 13 PANCAKES BACON JUICE (OR) TROPICAL FRUIT CHOICE OF MILK</p>	<p>ASSORTED CEREAL (OR) 14 BAGEL SANDWICH JUICE (OR) PEARS CHOICE OF MILK</p>	<p>ASSORTED CEREAL & TST (OR) 15 BR.SUGAR CINN. OATMEAL & TST JUICE (OR) TROPICAL FRUIT CHOICE OF MILK</p>	<p>ASSORTED CEREAL (OR) 16 SCRAMBLED EGGS CANADIAN BACON TOAST JUICE (OR) APRICOTS CHOICE OF MILK</p>	<p>ASSORTED CEREAL (OR) 17 BISCUIT/GRAVY SAUSAGE JUICE (OR) PEACHES CHOICE OF MILK</p>
<p>NO SCHOOL TODAY 20</p>	<p>ASSORTED CEREAL (OR) 21 BREAKFAST PIZZA TATER TOTS JUICE (OR) SLICED PEARS CHOICE OF MILK</p>	<p>ASSORTED CEREAL & TST (OR) 22 BR.SUGAR CINN. OATMEAL & TST JUICE (OR) APPLE CHOICE OF MILK</p>	<p>ASSORTED CEREAL (OR) 23 PANCAKES JUICE (OR) APPLESAUCE CHOICE OF MILK</p>	<p>ASSORTED CEREAL (OR) 24 SAUS, EGG & CHS BISCUIT HASH BROWN POTATOES JUICE (OR) TROPICAL FRUIT CHOICE OF MILK</p>
<p>ASSORTED CEREAL (OR) 27 WAFFLES JUICE (OR) CINN. APPLESAUCE CHOICE OF MILK</p>	<p>ASSORTED CEREAL (OR) SAUSAGE/EGG/CHEESE MUFFIN HASH BROWN POTATOES JUICE (OR) TROPICAL FRUIT CHOICE OF MILK</p>	<p>ASSORTED CEREAL & TST (OR) 29 CINN. APPLE OATMEAL & TST TOAST JUICE (OR) FRESH FRUIT CHOICE OF MILK</p>		

NUTRITION TIP: Benefits of Vitamin D

- 7 out of 10 Americans don't meet recommended intakes for vitamin D.³
- Vitamin D is important because it helps your body absorb calcium, but studies have shown that it also has a protective effect against chronic diseases including heart disease, type 1 diabetes, and others.⁴
- Find vitamin D in fortified low-fat yogurt and other dairy foods.